

## **Have you made a resolution to eat healthier in 2017?**

We all know eating a diet that is full of organic fresh vegetables would be good for us, but first you have to make a commitment to making that happen.

**Our standard American Diet (SAD) is made up of Fast Food and processed food filled with chemical preservatives that are washed with pesticides and loaded with sugar, salt and trans fats. We have become the most overfed, undernourished society in history.**

**The problem is we have been told that Eating Healthy is too hard.**

**You ask- How much does this healthy food cost.**

**Well...less than spending a lot of time and money at the doctor's office.**

**You say-I work all day and don't have time to prepare meals from fresh vegetables.**

**Well...fresh vegetables don't have to take a lot of time to prepare. You can stir-fry or steamed and use them fresh. We provide you with easy to prepare healthy recipes at our blog [The teaching Farmers .com](http://TheTeachingFarmers.com)**



**You Have choices every week.**

**\*Most every week we have 8 to 10 Vegetables for you to choose from.**

- \* Most weeks you will have a fruit to choose from.**
- \*You selection changes as the season progresses. You eat what is local and in season.**
- \*You choose a day and time you want to pickup. 1 to 7 pm Tuesday, Wednesday or Thursday.**
- \*Your bag is not preselected, you choose from vegetables displayed at our farm stand much like you would choose from vegetables at the farmers market.**
- \* Above your 7 shares you also get to choose a fresh herb every week.**
- \* You can choose to buy a 4 share or a 7 share CSA.**
- \* You can also choose to skip a week in every 12 week session and not lose it. You can make it up at the end of your session or the end of the year if you have a skip week.**
- \*You can choose to have someone else pickup up your CSA if you are out of town.**
- \*If you miss your day let us know and you can come another day that week.**
- \*You can have us select and hold your CSA for you if you want to pick up on the weekend.**
- \* To give you the best selection possible we will sometimes buy from other local farms but only if we know they follow the same organic practices that we do. The vast majority of the vegetables we grow right on our farm.**



**Our friend Jim  
Bowdon from  
Woodberry Ga.  
Provides a few of the  
vegetables**

Also we get our delicious strawberries from Crager / Hager Farm in Carrollton.  
Click below to see details of their farm

**[crager /hager farm](#)**

## **How big is each share?**

**Each item or share size will vary according to what it is.**

**Some examples would be.**



Some things are put in bags for you



Some things like carrots and radishes are in bundles



**Some things like tomatoes or potatoes you choose two Pounds per share**

**Our customers have told us that the quantity they receive meets or exceeds the value.**

**In the five years we have been providing for a CSA on our farm we have **never had a week** that we did not provide vegetables for our members**

**Each share has value beyond its weight!**

**We Farm in a manner that makes the vegetables more nutrient dense than conventional vegetables.**

**Meaning that it might take several pounds of conventional tomatoes to have the same nutrient content of one pound of our tomatoes.**

**Just think back to the last time you tasted a home grown tomato compared to a grocery store Tomato**

**When you are eating for your health it is the quality of the food not the quantity that matters.**

**We pay close attention to the soil. Enriching the soil with natural minerals**

**and compost is important.**

**We feed the soil because it is the stomach of the plant and the soil will feed the plants that feed us.**

**We never use chemical or synthetic pesticides or fertilizers.  
We farm following organic standards and use natural sprays of soapy water or biological insect and disease prevention.**

**Joining our Vegetable CSA is the vehicle that can start you on the road to better health.**

**When you join our Vegetable CSA (Community Supported Agriculture) the community (You) are partnering with the Farmer (us) to provide you with organic, nutrient dense fresh vegetables every week.**

**We call each item a share because you are receiving a share of the farm's weekly produce.**

**Weekly selection of 7 or 4 shares of veggies.  
Fresh from our Farm to your table.**

**Grown with a commitment to your health.  
Recipes to guide you in cooking fresh vegetables.**

**A vegetable CSA is for the family that is intentional about preparing food that tastes good and is good for them.**

**You ask-how do I go about getting these vegetables.**

**Well...you make a commitment to join our Vegetable CSA.  
And You don't have to commit to the whole year.**

**We split the vegetable season into three 12 week sessions, Spring, Summer and Fall and once you are in you can choose to stay in for one, two or all three sessions.**

## **What do you do to make this work?**

**You commit to prepaying for organic fresh vegetables.**

**Show up each week at our Farm for your pick up.  
2050 Hwy 154 Newnan Ga. 30265**

**The spring 2017 will begin April 5th and continue for 12 weeks, but you will have to join soon before we sell out.**

**Enjoy your weekly produce and nourish your body.**

**You have to start by downloading the form or pick one up at the farm stand and sending in a check.**

**You can mail it in or you can leave it in the black payment box at the farm stand.**

**We already have a lot of returning members from last year and the open spaces we do have will fill up soon.**

**So I encourage you to act fast if you want to get in on our Vegetable CSA for 2017**

**Prices and payment amounts are on the order form**

**Questions ? Call Mike or Judy  
770-251-2673**

**[Click Link below to down load and print the order form](#)**

[countrygardensfarmstore.com/csaform2017.pdf](http://countrygardensfarmstore.com/csaform2017.pdf)

Thanks for all you do to support our farm.

Sincerely,

Mike and Judy Cunningham  
Growers of Healthy Food  
Country Gardens Farm